



## Alcohol and drugs, what you need to know!

Since 2004, La Maison Jean Lapointe has developed a program to raise awareness about the problems associated with gambling. This program has benefited more than 30,000 young people in Montreal and has provided them with knowledge to help them make enlightened decisions on games of chance and money.

Inspired by this unqualified success as well as by the positive comments from schools and the numerous needs of young people, la Maison has decided to continue its work of prevention and develop, in collaboration with the Addiction Prevention Centre, a program sensitizing youth to the risks of alcohol and drug consumption.

## Measures need to be taken as early as the first year of high school!

This new awareness program targets primarily the age group of 12 to 13 year-olds since it is at this age that youth begin to experiment with mind-altering drugs and when preventative measures have the best chance of success. The first year of secondary school therefore constitutes the perfect time to give these young people the tools that will help them make responsible decisions, thus increasing the possibility they will live a better, more productive and healthy life.

Structured around a workshop which encourages interaction, the program provides young people with accurate and current information on the risks of alcohol and drug consumption. Students are given the opportunity to discuss their beliefs and perceptions regarding drug consumption which too often leads them to adopt behaviours whose consequences in the long term could be disastrous.

## Our workshop “My independence matters to me!”

### Where, when, how?

The 60-minute workshops are now available free of charge. Set up as a Powerpoint presentation with a projector, they require no additional equipment. You only need to supply the room. The workshop is presented by experienced speakers who have training in drug abuse prevention.

### For more information

or to set up a meeting, please contact the awareness team at 514-288-2611.